

# Student Services Newsletter

## September 2018



### Current District Events Promoting Healthy Relationships



We would all agree that strong positive relationships are vital to the well-being of our children, and for ourselves. Connectedness to positive peers and adults can improve self-esteem, learning, and mental health, just as negative relationships or lack of connections can lead to trauma, poor self-esteem, and increased mental health concerns.

Here are some ways to build and promote positive relationships with your children.

- Have dinner together
  - At the table
  - Without electronics
  - Ask questions (What was the best part of your day? What was the worst?)
- Have a bedtime routine that includes
  - No screens (put screens to bed before you put kids to bed!)
  - Some quiet time, reading, or snuggle time
  - Say goodnight with a hug/kiss/high five
- Read a story or book with or to your child
- Have a weekly board game night
- Do chores or a job around the house together
- Take a walk with your children
- Celebrate small achievements with high fives, encouraging words, smiles, etc...
- Listen... like, really listen...
- Use empathy, before moving to problem solving, when they are distressed
- Encourage playdates
- Get to know your child(ren)'s friends and their parents
- Encourage and help your child join clubs or groups

This is only a partial list of things you can do with your children. Be creative! Whatever you choose to do to build positive relationships and connect with your children, be sure to give them your time and attention.

### Do your children know how to keep themselves safe?

Marshfield High School takes healthy teen relationships seriously. We are continuing our collaboration with Personal Development Center (PDC), a United Way Partner Program, during the 2018-19 school year. PDC is a private, non-profit agency providing support, advocacy, and prevention education to individuals and families who are affected by violence (physical, emotional, and sexual).

During Homecoming Week all students will be attending a presentation by student services and PDC staff called, "Keeping Yourself Safe". Information that will be shared includes healthy/unhealthy relationships, power and control dynamics, sexual assault and consent, ways to seek help and report if something happens to you, and social media safety. We will be reviewing that, by law, the age of consent for an intimate relationship is 18 years old. The students will also be reminded of appropriate use of cell phones and technology.

For more information, please contact Mrs. Becky Lee, School Psychologist, your child's school counselor (Mrs. Renae Guldán, Mrs. Krystal Salzmann, or Mrs. Jeanna Carlson) or the Personal Development Center staff at (715) 384-2971. The agency website is [www.pdcmarshfield.org](http://www.pdcmarshfield.org) or find them on Facebook.



### Start with Hello Week

Marshfield Elementary Schools are joining forces with schools across the country to honor victims of Sandy Hook Elementary with positive actions to decrease violence and bullying while we focus on building positive relationships.

"In every school and in every community, there are young people who suffer silently because they feel left out, alone or invisible. Young people who are isolated can become victims of bullying, violence, and/or depression. As a result, many pull further away from society, struggle with learning and social development and/or choose to hurt themselves or others." - Start with Hello, Sandy Hook Promise

Students in grades K-6 will be doing activities to promote reaching out to other students who may feel isolated, and connecting with each other in positive ways that maintain our caring school culture.



### Bully Awareness Day

On September 26th, Marshfield Middle School had discussions about what to do when we see bullying and how we can work together to end bullying. Students worked together on bully awareness posters to hang around the Middle School.

For our districts Kindness Day on November 1st, Middle School students will be working in their Learn classes on making "kindness rocks" to add to our new Literacy Garden. Discussions will happen about the importance of being kind to one another because we don't know what each of us has going on in our lives. Students will then paint rocks and write encouraging words on them to place outside of the school for people to read and to encourage positive thoughts and actions.

## Meet Our Student Services Staff

### Elementary School Counselors

The Elementary School Counseling Program is invested in the success of every student as we foster academic, career and personal/social development. Our school counselors collaborate with parents, teachers, school staff, administrators, and community members. Our goal is to help students find purpose in learning now in order to build their future as a responsible citizens and lifelong learners. The school counselors provide:

- Individual Counseling
- Small Group Counseling
- Social/Emotional & Life Skills Classroom Instruction
- Crisis Response
- Referrals to outside agencies
- Consulting with Teachers
- Collaboration with Parents
- Transition Planning
- Academic and Career Planning
- Alcohol and other substance use prevention

### Middle School Counselor

The Counseling Services of Marshfield Middle School are offered to help students learn about themselves. Wise choices in personal/social areas and informed educational and occupational decisions are essential in the world today. Children in Middle School have unique developmental needs. This time of life brings much of the physical, emotional and cognitive growth and changes that human beings experience. Therefore, we want to implement a counseling program which includes opportunities to enhance learning and study skills, relationships and communication with family and friends, decision making and problem solving, and increase self understanding. Students are encouraged to talk with their counselor about any problems they may have. By involving parents, Middle School staff and the community we hope that middle school is an exciting and rewarding time for our students.

### High School Counselors

The high school counselors work with students, families, and staff to provide support with academic, college/ career, and/or personal/social needs. High school counselors meet with students and parents to discuss possible career interests, post-secondary educational opportunities, required testing for post-secondary education, financial aid procedures, scholarships, advanced placement courses, and military options. Our goal is to help students access the coursework and experiences they need to meet their college and/or career plans. They also provide support to students with personal/social concerns.

### School Psychologists

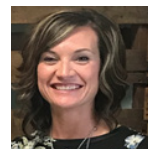
The school psychologists have specialized training in both psychology and education. They use their training and skills to team with educators, parents, and other mental health professionals to ensure that every child learns in a safe, healthy and supportive environment. School psychologists understand school systems, effective teaching and successful learning. Today's children face more challenges than ever before. School psychologists can provide solutions for tomorrow's problems through thoughtful and positive actions today.

### District Social Workers

School Social Workers are a resource that empower schools, students, parents, and community agencies to work together. They provide support to students and staff, coordinate resources for families, and build positive relationships between home and school. School Social Workers may be involved with families living in transition, students with mental health needs, and families in need of significant or ongoing support.

### School Nurses

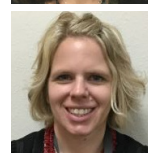
Marshfield School District is staffed with two registered nurses (RN's) that travel between district schools. As RN's, they work with students, families, staff, and medical providers to provide support for health and medical needs that may impact a student's educational experience. They work with medical and community resources to help students and families meet medical needs and insure safety while at school. Our RN's believe that a healthy student will be a more successful learner. Their goal is to help students achieve their maximal level of health and their highest level of educational success.



Elaina Boyle, MSE  
Grant Elementary  
School Counselor



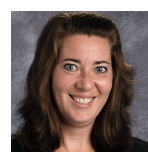
Kimberli Dammann, MSE  
Nasonville Elementary &  
Washington Elementary  
School Counselor



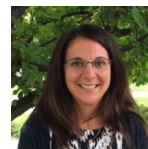
Kristi Ruggles, MSE  
Madison Elementary  
School Counselor



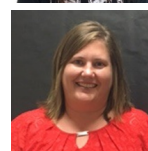
Joann Roehl, MSE  
Lincoln Elementary  
School Counselor



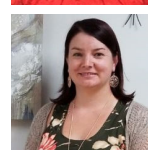
Kimberly Kolstad  
Marshfield Middle School  
School Counselor



Jeanna Carlson  
Marshfield High School  
School Counselor



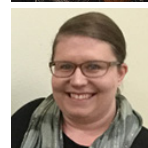
Renae Guldán  
Marshfield High School  
School Counselor



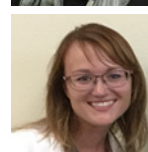
Krystal Salzmann  
Marshfield High School  
School Counselor



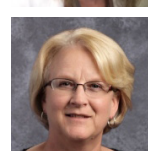
Becky Lee  
Marshfield High School &  
Alternative High School  
School Psychologist



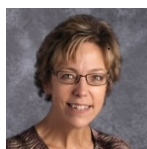
Jenna Ostrowski  
Marshfield Middle School &  
Nasonville Elementary  
School Psychologist



Deanna Rugzie  
Madison Elementary  
School Psychologist



Kriss Trudeau  
Grant Elementary &  
Washington Elementary  
School Psychologist



Judy Akin, RN, MS  
District  
School Nurse



Lisa Goeppinger, ISW, MSSW  
District  
Social Worker



Tammy Voss, RN, BSN  
District  
School Nurse



Joanne Greenlee, LCSW, MSW  
District  
Social Worker